

Bikram yoga – Improvement in mental and physical health.

Bikram Choudhury is an Indian yoga guru and the founder of Bikram Yoga, also known as Hot Yoga, a copyrighted series of 26 hatha yoga postures that are performed in a hot environment.

Bikram yoga, usually known as "hot yoga," builds physical and mental strength, balance and flexibility. Bikram Yoga is ideally practiced in a room heated to 40.5°C with a humidity of 40%. [Bikram Yoga](#) works the entire body from the inside out, from the micro to macro level, using every system of the body. It stretches and strengthens every single muscle, ligament and joint in the body. It constitutes of a demanding series of 26 posture and two breathing exercises, which is designed to work the whole body from the inside out.

Bikram Yoga is a safe, exhilarating workout that will calm your mind, strengthen your body. This method stimulates the organs, glands and nerves moving fresh oxygenated blood to 100% of the body, restoring all systems to optimum health.

Scientifically designed the 90 minute program to deliver total health through the balancing and strengthening of every system in the body in order to prevent illness and injury, promote weight loss, and limit the effects of aging. The benefits are endless to Bikram Yoga. Overall mental, physical and emotional health is improved. While doing the [Bikram Yoga](#), the muscles are contracted and this process helps re-organizing lipids and proteins, optimizing the circulation. Besides, blood is directed to bones, giving them strength. Fresh blood, oxygen and nutrients are brought into the body circulation, contributing to the stimulation of nerves and brain.

When doing the hot yoga, you should have some accessories like your yoga mat and towel. Since you will be sweating severely, you should have something to wipe up your sweat every other time. Bikram's method is such a good yoga style. People who want to be slim can practice this type of yoga because their fats and cholesterol will be burned through sweat.

This more efficient delivery of oxygen to the entire body restores our organs, fibers, and systems to a healthy working order. The sequence is designed so that every posture warms up the muscles and joints needed for the next posture, in addition to working the organs, glands, and nervous system in a systematic and profound way.

The Bikram Yoga constitutes of twenty six Asana that make up:

- 1 Pranayama Series Standing Deep Breathing
- 2 Ardha Chandrasana with Pada-Hastasana Half Moon Pose with Hands to Feet Pose
- 3 Utkatasana Awkward Pose
- 4 Garurasana Eagle Pose
- 5 Dandayamana - JanuShirasana Standing Head To Knee Pose
- 6 Dandayamana - Dhanurasana Standing Bow Pulling Pose
- 7 Tuladandasana Balancing Stick Pose
- 8 Dandayamana - Bibhaktapada - Paschimottanasana Standing Separate Leg Stretching Pose
- 9 Trikonasana Triangle Pose
- 10 Dandayamana - Bibhaktapada - Janushirasana Standing Separate Leg Head to Knee Pose
- 11 Tadasana Tree Pose
- 12 Padangustasana Toe Stand Pose
- 13 Savasana Dead Body Pose
- 14 Pavanamuktasana Wind Removing Pose
- 15 Sit Up Sit Up
- 16 Bhujangasana Cobra Pose
- 17 Salabhasana Locust Pose
- 18 Poorna - Salabhasana Full Locust Pose
- 19 Dhanurasana Bow Pose
- 20 Supta - Vajrasana Fixed Firm Pose
- 21 Ardha - Kurmasana Half Tortoise Pose
- 22 Ustrasana Camel Pose
- 23 Sasangasana Rabbit Pose
- 24 Janushirasana with Paschimottanasana Head to Knee Pose with Stretching Pose
- 25 Ardha - Matsyendrasana Spine Twisting Pose
- 26 Khapalbhati Blowing In Firm

However, Bikram Yoga may not be suitable for everybody since it does require being physically fit; otherwise, it is not recommended if you are out of shape in which instance you should begin with other types of yoga to attain the proper levels of fitness after which you may take a stab at doing Bikram Yoga. Also, before beginning this type of yoga, you should have found out all there is to know about Bikram Yoga which will help you determine whether this form of yoga is suitable for you or not.

About the Author

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